

Will you be **PREGNANT** this flu season?

Doctors recommend that you get a **FLU SHOT.**

Being pregnant increases your risk
of getting very sick from the flu.
Stay healthy during your pregnancy.
Get vaccinated.



OCTOBER AND NOVEMBER ARE THE BEST MONTHS TO GET A FLU SHOT.



Department of Health and
Human Services
Centers for Disease Control
and Prevention



For more information, ask your healthcare provider or call
800-CDC-INFO (800-232-4636) Website www.cdc.gov/flu